

# FOODS AND NUTRITION 1

## Course Code: 5824

Foods and Nutrition 1 is designed to provide rigorous and relevant learning experiences for students to study the principles of nutrition for individual and family health, fitness, and wellness. Students will gain knowledge and experiences in nutrition, food safety and sanitation, kitchen work centers, meal preparation, table service and etiquette and nutrition related careers. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

### Objectives:

Students will:

1. evaluate proper nutrition and methods of avoiding harmful habits.
2. prepare nutritious meals.
3. develop skills to make healthy food choices.
4. apply safety and sanitation methods.

### Credit:

½ - 1 Unit

### National Certification:

ServSafe  
Tourism and Hospitality Education Foundation  
<http://www.schospitality.org>

**Recommended grades:** 9-12

### Prerequisite:

none

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## **Textbooks:**

### **Glencoe/McGraw-Hill**

#### **Food for Today, 8th Edition**

Student Edition

Author:Kowtaluk

0078462924 09-12 2004 \$44.49

*Food for Today* contains comprehensive chapters divided into sections. The text provides cross-curricula activities, laboratory experiences for all chapters, and good food science links. The teacher resource binder contains detailed lesson plans, cooperative learning activities, meal planning and menu activities, handout masters, and transparencies.

### **Glencoe/McGraw-Hill**

#### **Nutrition and Wellness, 2nd Edition**

Student Edition

Author:Duyff, Hasler

0078463327 09-12 2004 \$39.49

*Nutrition and Wellness* provides a total teaching package. It includes a broad range of food-related topics, including nutrition and wellness, consumer skills, safety, and food preparation techniques. The short stand-alone chapters feature colorful illustrations with short concise text. The nutrition first, then the preparation format of the book, lends itself to easy transition from one semester to the next. The teacher's resource binder contains detailed lesson plans, cooperative learning activities, meal planning and menu activities, handout masters, and transparencies.

### **Goodheart-Willcox Company**

#### **Guide to Good Food**

Student Edition

Author:Largen and Bence

1590701070 09-12 2004 \$42.48

*Guide to Good Food* has a correlation of the Family and Consumer Sciences National Standards in the teacher's wraparound edition. The text has strong school-to-work (career path) references and workplace skills. Text box tips are included throughout the chapters with headings such as, "Good Manners are Good Business." Across curriculum activities for math, food science, history, and writing are included. There are activities for FCCLA and on-line resources. Activities provide opportunities for higher-order thinking skills, problem solving skills, and cooperative learning activities. The CD has a test maker and the resource binder is easy to install and access.

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**Goodheart-Willcox Company**  
**Nutrition, Food, and Fitness**  
Student Edition

Author: West  
1566379334 09-12 2004 \$39.00

*Nutrition, Food and Fitness* is a comprehensive textbook that emphasizes the importance of healthful eating and regular physical activity. The text includes weight management, eating disorders, and global hunger in addition to consumer issues and careers.

<http://www.mysctextbooks.com/>

<b>High School Education:</b>	food laboratory aide, dietary aide, food product tester, test kitchen food assembler, quality control technician.
<b>Postsecondary Education:</b>	food and drug inspector, food production chemist, food technician
<b>Postgraduate Education:</b>	food scientist, test kitchen home economist, food technologist, nutritionist, dietitian, director for food services

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## **Standards Revision Committee:**

LaLone Augustine  
Irmo High School

Linda Lewis  
Woodland High School

Jane Black  
Spring Valley High School

Janetha Prioleau  
West Ashley High School

Charles Bushee  
SDE School Food

Billie Southard Chegin  
Keenan High School

Imogene Clarke  
Richland School District One

Anna Turner  
Bob Jones University

Gardenia Coleman  
SC Vocational Rehabilitation

Michael Williams  
Jasper County High School

Anita Dickard  
James F. Byrnes High School

Feng Chen  
Clemson University

Joy Holhouser  
Fort Mill High School

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## **A. NUTRITION**

1. Determine nutrient requirements across the life span.
2. Develop a plan to meet personal and family nutrition and wellness needs throughout the life cycle.
3. Apply USDA Dietary Guidelines in planning and preparing foods to meet nutrition and wellness needs.
4. Investigate nutrition in culturally diverse cuisines.
5. Select nutritious menus for special occasions and special needs.
6. Analyze scenarios that incorporate the decision making process.
7. Integrate decision-making principles when making consumer choices.

## **B. SAFETY AND SANITATION (ServSafe and Hazard Analysis Critical Control Point – HACCP)**

1. Evaluate conditions and practices that promote safe food handling.
2. Summarize information regarding food borne illnesses as a health issue for individuals and families.
3. Determine safety and sanitation procedures when receiving, preparing, storing, and serving food.
4. Select appropriate procedures for administering basic first aid.
5. Maintain a safe and sanitary working environment.
6. Demonstrate essential personal hygiene practices.

## **C. KITCHEN WORK CENTERS**

1. Demonstrate the proper use of kitchen utensils and equipment to include proper safety and sanitation techniques.
2. Design work centers for efficient use of time and motion.

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## **D. MEAL PREPARATION**

1. Apply basic recipe skills.
2. Plan an efficient time/work schedule.
3. Prepare foods from the USDA Basic Food Guide Groups using healthy cooking techniques.

## **E. TABLE SERVICE AND ETIQUETTE**

1. Demonstrate etiquette suitable for various occasions (written, verbal, and non verbal).
2. Demonstrate various food presentation techniques.
3. Determine table service suitable for specific functions.

## **F. CAREERS**

1. Evaluate occupations and preparation requirements for careers in nutrition and food service industries.
2. Explore the impact of food and nutrition occupations on local, state, national, and global economies.